

# NEWS & VIEWS

The Andover Senior Center: The Center at Punchard

April 2018, Vol. 2 Issue 4

## April 2018

### LESSON FROM THE OLDEST OLD

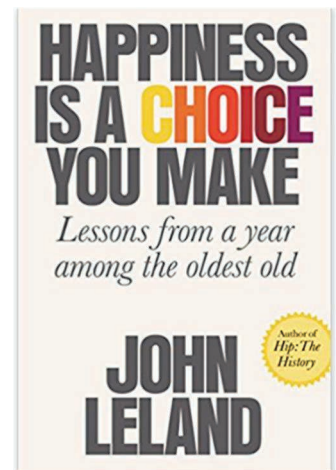
Happiness is a Choice you Make. A compelling and lively speaker, Leland will reveal some of the lessons he learned from a yearlong project interviewing the Oldest Old (one of the fastest growing demographic populations). John writes for the NY Times Newspapers and is author to numerous books including *HIP: The History & Why Kerouac Matters*

**April 25th**

**Time 4:00pm**

**Please RSVP**

**978-623-8320**



We thank our generous sponsor Northbridge Companies for bringing John Leland to the Andover Senior Center at Punchard.



Main Line: 978-623-8320

website: [www.andoverma.gov/seniorcenter](http://www.andoverma.gov/seniorcenter)

email: [seniorcenter@andoverma.gov](mailto:seniorcenter@andoverma.gov)

Physical Address: 30 Whittier Court, Andover

Mail: 36 Bartlet Street, Andover, MA 01810

Info Line: 978-623-8302

Phone # 978-623-8320

A Division of the Department of Community Services

## Special Monthly Events

**Must RSVP**

### Fix it Shop

*Mondays - April 2nd, 9th, 30th at 1:00 pm*

Bring your lamps (new cords & sockets), small appliances, chairs, small tables and any other small project & this group will try to fix it!

*Cost: \$4 plus parts for Andover seniors (ID req), \$10 plus parts for non-seniors/non-residents & \$2 diagnostics fee.*

### Council on Aging Board Meeting

*Thursday April 12th at 8:30 am*

Held on the 2nd Thursday of every month & all are welcome to attend! The Council can be reached via email at: [first.last@andoverma.us](mailto:first.last@andoverma.us)

### TRIAD Program

*Thursday April 12th at 10 am*

Triad is a joint collaboration between The Senior Center at Punchard, Andover Police Department, Essex County District Attorney's Office, and the Essex County Sheriff's Department. It is designed to enhance the delivery of law enforcement services to older persons through crime prevention and education programs. The TRIAD group is seeking volunteers to assist with identifying, developing, and initiating program activities.

### Computer Users' Group

*Monday April 9th at 1:30 pm, Memorial Hall Library lower level Activity Room*

Dean Baumeister, Coordinator of Reference Services will be presenting information about the different online databases that are available to patrons. Some can only be used at the library but others can be accessed from your home using your library card! These databases cover a variety of subjects such as: car repair, the Boston Globe, activities for children, gardening, genealogy & business research, so there is bound to be something that will interest you!

### Friday Morning Breakfast Series- Keeping your Brain Fit!

*Friday April 13th at 8:30am*

Arte Rehab and 2 Sisters will be hosting this workshop on how you can exercise your mind & stay sharp.

### Honoring Choices

*Thursday April 19th at 10am*

Brookhaven Hospice will be joining us to explore different options on how you choose to live the end of your life. This is a very personal topic & we honor your individual choices.

### Happy Birthday to You!

*Friday April 20th at 11:45 am* On the 3rd Friday of every month as part of the congregate lunch we celebrate bdays! Let us know if this is your bday month so you are entered into the raffle to win a prize (you must be in attendance to win). This event is open to everyone & entertainment is provided courtesy of the *Andover Senior Community FRIENDS Inc.*

### Writing Group

*Tuesdays at 10 am-11am*

Come and join Sreenivas Madras in an engaging writing process!

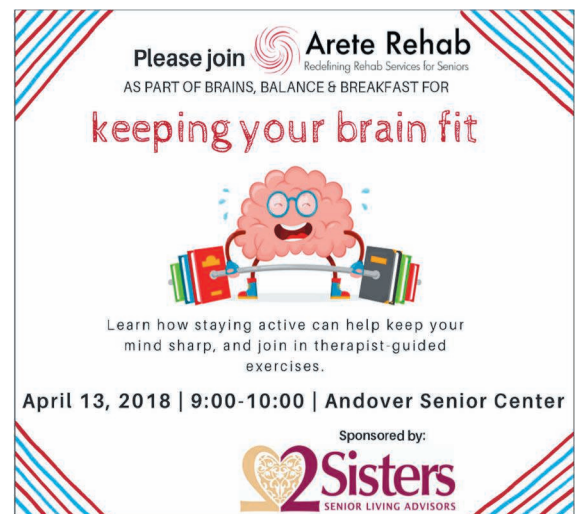
*Cost: \$2 suggested donation*

### **Cholesterol and Glucose Screening Clinic**

**Thursday April 5th**

**9am-12pm**

**The Andover Health Department is offering Cholesterol and Glucose Screening as part of National Public Health Week activities. The cost is \$10 & no fasting is required. Call 978-623-8640 to schedule an appointment. This program is made possible through a grant from the Andover Home for Aged People.**



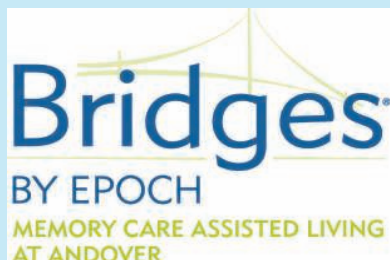
## Do You Know the Difference Between Normal Aging & Memory Loss?

**Wednesday April 4th at 10:30 am**

Memory loss has symptoms that can be difficult to distinguish from the normal aging process. Join us to discover the differences between them; as well as, warning signs & how memory loss can be diagnosed & prevented.

**To attend please call 978.775.1070 to RSVP by Monday April 2nd**

We are grateful that Bridges BY EPOCH is sponsoring this event. Currently their Welcome Center is at 10 Main St. Unit L-2 | Andover, MA. (underneath Starbucks) The community they are



### RSVP

### Special Monthly Events

#### Book Club

*Thursday April 26th at 1:30 pm*

*Upcoming books: Delivering the Truth— April |The Muralist—May |*

#### Mass State Senator

*Monday April 23rd at 8:30 am*

Bring your questions for the monthly office hours held by Senator Barbara L'Italien and her staff.

#### Exploring the Past Can Help us Understand the Present

*Thursdays at 1:30-3:00 pm, session runs from April 26th to May 24th*

Join Don Robb, local historian, in a fascinating review of the American experience in the age of Andrew Jackson. Find out:

- ⇒ If the Era of Good Feelings really was;
- ⇒ Why Donald Trump is a modern Andrew Jackson;
- ⇒ How the North, the South & the West grew apart;
- ⇒ How American inventiveness transformed daily life; &
- ⇒ Why Americans constantly moved West!

*Cost: \$15*

#### Tax Preperation Assistance by AARP

*Hourly appointments are available until April 13th from 9am-12pm*

AARP-trained tax aides are available at the Center to assist you with simple tax prep. Please call the Center for an appointment. This resource is open to all, you do not need to be a senior.



**Annmary I. Connor, LICSW**  
**Director of Elder Services**

As we head into April, we are hoping there is no more snow and we are looking forward to the warm weather that Spring time brings! With Spring, comes new growth and we are happy to report we have hired a new dynamic Adult Program Coordinator, Renee Baker. We welcome you to stop by to meet her, or to email/call her with your ideas about our current programs and suggestions you might have for new initiatives.

We are bidding a fond farewell to Linda Lambert who has dedicated the past 16 years of her career to nurturing our Senior Connections program. Linda will be greatly missed. We are happy for her to start this new exciting chapter of her life! After Linda's departure, we will be welcoming Amiee Ciccariello as our new Activities Lead in Senior Connections.

The month of April is packed with activities and events so I ask that you please read through this newsletter thoroughly to check out everything that is being offered. In the center of the newsletter, you will find the full calendar of what is scheduled and what you might be interested in attending!



## NEW Veterans Fitness Program RSVP

### Vets on the Move

*The session began on Thursday March 8th (is running for 6 weeks) & classes are held at the Center from 10:15 am-11:00 am.*

*Also a free lunch is served after each class & participants who attend at least 4 out of the 6 classes will receive a \$20 gift card to Whole Foods, courtesy of TD Bank.*

In partnership with Run For the Troops 5k, TD Bank, The Center at Punchard and Andover Community Services, we are proud to offer an exercise class run by an ACE certified fitness instructor just for Veterans! You served our country & we would like to show our appreciation through this free program. Exercise helps to reduce stress and improve cardio vascular fitness. This class focuses on improving balance, coordination & strength.

Also we have set a goal to be part of the Run For the Troops 5K events that are being held in Andover the weekend of April 20th! There are a few ways you can participate such as:

- Being a guest at a dinner in your honor at the Andover Country Club on the Friday April 20th;
- Being a part of the opening ceremonies on race day which is Sunday April 22nd;
- Cheering on your fellow Veterans who are walking/running the race from our Veterans hospitality tent; and/or
- Walking/running the race yourself!

## Mindfulness Meditation

*Fridays at 3pm*

*Cost: \$3*

*suggested donation*

This is a great way  
to relieve stress &  
become  
more relaxed!

## COMING SOON!

# *The Woodlands Inn at Edgewood*

Construction is underway for *The Woodlands Inn at Edgewood* in North Andover and is based on the Small Home Model design. It will specialize in Enhanced living – Edgewood's unique take on assisted living – and Memory Support. The Woodlands Inn is now taking reservations and is opening this summer.

Please call 978-494-6944 for more information.

**EDGEWOOD**  
A LifeCare Community



575 Osgood Street  
North Andover, MA 01845  
978-494-6944 | EdgewoodRC.com



## BURKE-MAGLIOZZI FUNERAL HOME

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## Bridges

BY EPOCH

MEMORY CARE ASSISTED LIVING  
AT ANDOVER

Opening Late Summer 2018

978.775.3161

Your Resource for Dementia Care  
Support & Education

View our full schedule of events at  
[www.BridgesbyEPOCH.com](http://www.BridgesbyEPOCH.com)

Welcome Center  
10 Main Street, Unit L-2 | Andover

EOEA Certification Pending



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.4lpi.com](http://www.4lpi.com) Andover Senior Center, Andover, MA 06-5052

## The Senior Center at Punchard

Town Manager  
Andrew P. Flanagan

Director of  
Community Services  
Joseph Connelly

The Senior Center Staff  
Director  
Annmary I. Connor,  
LICSW

Outreach Coordinator  
Kristine Arakelian,  
LCSW, MPH

Senior Connections  
Sharon Thomson, RN  
Linda Lambert

Program Coordinator  
Renee Baker

Office Staff  
Christine Marshall, Editor

Nutrition Staff  
Frank Melendez, Chef  
Sue Starbird

Transportation/Intake  
Shawna McCloskey,  
LSW

Carol Howe  
George Perakis  
George Thomson

### Council on Aging Board

Meets at 8:30 am on the  
2nd Thursday each  
Month

The Council can be  
reached  
via email at:  
first.last@andoverma.us

Kenneth DeBenedictis,  
Chair  
Margaret O'Connor, Vice  
Chair

Kimberly Rainen, Secre-  
tary

Molly Bicking  
Joan Fox

Tana Goldberg

Jane Gifun

Paul MacKay

Joseph Ponti

Thomas Rando

### Center Hours

Monday - Friday

8 am - 4pm

Thursday Evenings for  
BoomerVenture Campus  
5 pm - 9 pm

### Memory Café

*Monday, April 23rd at 1:00 pm*

Please contact Aimee for information on this fun and supportive group. Funded by the Department of Developmental Disabilities.

### Massage & Reflexology

We offer both of these pain-relieving, gentle therapy practices here at the Center by appointment only.

*Cost: Massage is only \$15 for 20 minutes for seniors over 60 & Reflexology is \$1 per minute starting in 15 minute increments.*

### Foot Care (Podiatry)

*Wednesdays April 4th, 18th & 25th from 9am-1pm*

You must be an Andover resident to utilize this service. For homebound residents, please call Kristine Arakelian. You may call and book an appointment at any time This program is subsidized by a grant from The Andover Home for Aged.

### Bereavement Support Group

*Thursday, April 5th at 1:30 pm*

To register, please call Lois Marra of Home Health VNA Hospice at (978) 552-4537 and leave your message with name and phone number. Lois will return your call. This support program is designed to provide help coping with the loss of a loved one. Learn new ways together to carry on traditional ways of doing things and figure out how to commemorate these days that can trigger a lot of emotion. This is a group that you can attend one time or monthly. All are welcomed.

### Ask the Lawyer - Legal Clinic

*Monday April 23rd at 9am*

Please call in advance for an appointment. The attorney is Justin St.James, Esq. & he is licensed in MA & NH.

### Pain Management Support Group

*Monday, April 9th at 1:30 pm*

This helpful group meets the second Monday of each month from September through June. This intimate and **confidential** group is open to anyone who is dealing with chronic pain management issues. Newcomers are always welcome. Facilitator: Gerry Rainville, RN, MSN

### Parkinson's Support Group

*Thursday April 12th at 1:30-3:00 pm*

This group meets the second Thursday of each month from September through June. Please call Kristine Arakelian, to confirm your attendance or for further information. NorthEast Rehabilitation Hospital "Controlling Parkinson Disease Through Exercise: Available Option from Physical Therapy to Community -Based Programs"

### Wellness Clinics

*Wednesdays 2:00 pm*

Stop in for a blood pressure and weight check with our trained nurses. They are here to help you manage your day-to-day health needs.

### Brown Bag:

*Tuesday April 24th at 9:30 am*

FREE to anyone 60+ with an income less than \$21,978 for a single person or \$29,637 for a couple, or on Mass Health, Chapter 115, food stamps or fuel assistance. This grocery bag is available on the fourth Tuesday of every month & must be picked up by 10:15 am. Call Annmary or Kristine to sign up or see if you are eligible. Program run in partnership with ESMV & the Greater Boston Food Bank

**Medical Equipment:** The Local Masons have a medical equipment loan program that is open to people in need of hospital equipment. This loan program is free and open to all. Equipment can be picked up on Saturdays at 500 West Cummings Park, Suite 1150, Woburn. If you need help accessing it call the Center.



Spring Session: February 20 – May 11th

Registration Week: February 5—10.. Next session starts May 21st. Break week May 14th to 19th



The  
Andover  
Council on Aging  
presents  
a participatory  
program by  
Parents' Choice  
Award winning  
singer & storyteller  
Davis Bates

## Celebrating New England

Seasonal Songs & Stories

Friday, April 27

12:45 pm



The Center at Punchard  
30 Whittier Ct., Andover, MA



Performance will follow a lunch that begins at noon.

Funded, in part, by a grant from the Andover Cultural Council, a local agency supported by the Massachusetts Cultural Council. For information & lunch reservations please call (978) 623-8320.

### MEDICATION DISPOSAL DAY

Saturday, April 28, 2018

10 - 2 pm

Andover Water Treatment Plant  
397 Lowell Street



### SHINE

*(Serving Health Information  
Needs of the Elderly)*

This free and confidential counseling service helps individuals understand their Medicare insurance benefits and other health insurance options. Call The Center to schedule an appointment.

### Medication and Syringe Disposal

Medication disposal is available at the Andover Police Department.

Syringe disposal is available at The Center at Punchard and the Andover Police Department Public Safety Building, 32 Main Street. Questions? Call the Andover Police Dept. 978-475-0411.

### **Walk the Gym**

Did you know walk the gym resumed at the Cormier Youth Center. Every Tuesday and Thursday 9a-11a (Exclusion when school is out on break )

**Ending April 12th**

**For weather related closing information, please call the Info Line at 978-623-8302**

# Senior Connections

*An engaging program creating meaningful days*

## Free Trial Day For New Senior Connections Participants:

We invite new interested individuals and families to take advantage of our FREE trial Day for Senior Connections. This is open to all NEW people who are considering services from our engaging program. A full intake packet must be done prior to the start of the **FREE trial day**. Senior Connections accepts private pay and is part of the Elder Services of the Merrimack Valley contract.

You may also schedule a tour in advance by calling and asking for Linda, Kristine or Annmary.

## Activities, Transportation & More...

### MORE ACTIVITIES

#### Duplicate Bridge

Thursdays, Feb 22nd to May 10th; 1-4:30 pm; **Free – Donations welcomed**  
Duplicate Bridge for intermediate level players for drop-in series. Must communicate to leaders in order to insure a multiple of 4 players per table. Fun and informative games. Call Center to register.

#### Massage

Mondays, 10 am; \$15 for 20 minutes of chair massage

#### Rhythm-Aires

Mondays, Feb 26– May 7th; 10:15 am; **FREE Courtesy of the Andover Senior Community Friends**

#### Sunrise Singers –Come and sing your heart out, no experience required!

Mondays, Feb 26 – May 7th, 9:00 am; **\$20**

#### Wood Carving

Mondays, Feb 26th - May 7th; 9 am; **FREE**

#### Model Building

Wednesdays, Feb 21st - May 9th; 9 am; **FREE**

**Transportation: Call 978-623-8320**

#### Medical Transportation

Transportation is available to medical appointments. A minimum of one week advance notice is required. Contact Carol for more details & donation information. 2 week advance notice is preferred

#### Grocery Shopping

Door-to-door service – We pick you up at your house and bring you home. Wednesdays - Market Basket grocery shopping, \$5 round trip.. RSVP 3 business days in advance

#### Daily Ride to The Center

Daily trip to The Center; **no charge; donations welcome.** RSVP 2 business days in advance

#### Townie Trips

The Center now offers Thursday Andover Townie trips – travel in town between 9:30 am and 2:30 pm. Want to get your hair done, go out to lunch, go to a friend's house or go to the library? The cost is \$4 one way or \$7 round trip, with a minimum of a one-hour stay at your destination. We ask that you book by Tuesday at noon. Other days and times may be available

#### Fun Shopping Trips

10 am - 2 pm, \$10; sign up to reserve your seat on the bus  
Monday, **April 9th**, Walmart, North Reading-RSVP 3 days in advance

### **Merrimack Valley Regional Transit Authority (MVRTA)**

*The MVRTA offers transportation to many towns and cities. You are eligible for EZ Trans non-ADA if you are 60+, for the ADA EZ Trans, you can speak with Kristine or Shawna. We encourage you to check out MVRTA's services. Please stop by for information or call 978-469-6878*

**Free Transportation to the Town Meeting April 30th.**

**Please register by April 25th at noon.**



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*Joseph L. Morana  
Andover Resident*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Sunrise Singers 9:00 WOAG 9:00 Woodcarving 9:00 Quilting 10:00 Massage 10:15 Rhythm-Aires 1:00 Movie Matinee 1:00 ESL (off site) <b>1:00 Fix it Shop</b> <b>1:00 American Short Stories</b> 3:30 BV Energize w/ Exer LUNCH: Beef Stroganoff	8:00 Men/Wom in Motion 9:00 Strengthen Stride 9:00 Walk the Gym 10:15 Sit & Get Fit 10:30 Beginner Yoga 10:00 Fun & Games 1:00 Social Bridge Drop-In 1:10 Tai Chi beginner 2:00 Breath Balance Well 2:15 Line Dancing 3:15 Zumba LUNCH: Chicken Cacciatore	8:00 & 8:45 Strength Tr <b>9:00 Foot Care</b> 9:00 Art Drop-In 9:00 "SHOP" Group 9:30 Basic Tap 10:00 Fiber Arts 10:00 Grocery Shopping <b>10:30am Normal Aging vs. Memory Loss</b> 12:45 Performance Tap 1:00 Knit Wits/Fun& Games 1:00 Yoga Intermediate 2:00 Wellness Clinic LUNCH: Stuffed Shells	8:00 Men/Wom in Motion 5 9:00 Strengthen Stride 9:00 Art drop-in/Walk Gym <b>9:00 Cholesterol Clinic</b> 9:30 Craft Group 1:00 Fun&Games / Bridge 1:10 Tai Chi Inter. I <b>1:30 Bereavement Group</b> 2:15 Tai Chi Inter II 3:30 Energize w/ Exercise <b>5:30 Living Healthy</b> 6:00 Reflex / Belly Dancing 7:15 Serenity Yoga LUNCH: Chicken Stir Fry	8:00 Strength Training <b>8:30 Nature Walks</b> 8:45 Strength Training <b>9:00 AARP Taxes</b> 10:15 Sit & Get Fit 1:00 Fun & Games 1:00 ESL Lessons 2:00 Ping Pong 3:00 Meditation 6:30 Chinese American Activities LUNCH: Veggie Pizza
9:00 Sunrise Singers 9:00 WOAG 9:00 Woodcarving 9:00 Quilting 10:00 Massage 10:15 Rhythm-Aires <b>11:30 Computer User's MHPL</b> 1:00 Movie Matinee 1:00 ESL (off site) <b>1:00 Fix it Shop</b> <b>1:30 Pain Management</b> 3:30 BV Energize w/ Exercise LUNCH: Chicken Pot Pie	8:00 Men/Wom in Motion 9:00 Strengthen Stride 9:00 Walk the Gym 10:00 Fun & Games 10:15 Sit & Get Fit 10:30 Beginner Yoga 1:00 Social Bridge drop-in 1:10 Tai Chi beginner 2:00 Breath Balance Well 2:15 Line Dancing 3:15 Zumba LUNCH: Meatloaf	8:00 & 8:45 Strength Train 9:00 Art Drop-In 9:00 "SHOP" Group 9:30 Basic Tap <b>9:00 Men's outdoor adventure</b> 10:00 Fiber Arts 10:00 Grocery Shopping 12:45 Performance Tap 1:00 Knit Wits/Fun& Games 1:00 Yoga intermediate 2:00 Wellness Clinic LUNCH: Chicken Marsala	8:00 Men/Wom in Mot 12 <b>8:30 COAB Meeting</b> 9:00 Strengthen Stride 9:00 Art Drop-In/Walk Gym 9:30 Craft Group <b>10:00 TRIAD</b> <b>10:15 Vets on the Move</b> 1:00 Fun&Games / Bridge 1:10 Tai Chi Inter. I <b>1:30 Parkinson Group</b> 2:15 Tai Chi Inter II 3:30 Energize w/ Exercise <b>5:30 Living Healthy</b> 6:00 Reflex / Belly Dancing 7:15 Serenity Yoga LUNCH: Baked Ziti	8:00 Strength Training <b>8:30 Nature Walks</b> 8:30 Breakfast/ Speaker 8:45 Strength Training <b>9:00 AARP Taxes</b> 10:15 Sit & Get Fit 1:00 Fun & Games 1:00 ESL Lessons 2:00 Ping Pong 3:00 Meditation 6:30 Chinese American Activities LUNCH: Fish
<b>Closed Patriots Day</b>	8:00 Men/Wom in Motion 9:00 Strengthen Stride 9:00 Walk the Gym 10:00 Fun & Games 10:15 Sit & Get Fit	9:00 Model Building 9:00 Art Drop-n 9:00 "SHOP" Group <b>9:00 Foot Care</b> 10:00 Fiber Arts	8:00 Men/Wom in Mot 19 9:00 Art Drop-In/Walk Gym 9:30 Craft Group <b>10:00 Honoring Choices</b> <b>10:15 Vets on the Move</b> 1:00 Duplicate Bridge	8:00 Strength Training <b>8:30 Nature Walks</b> <b>10:30 FRIENDS Meeting</b> <b>11:45 Birthday Lunch</b> 1:00 Fun & Games



<p>10:00 Fider Arts</p> <p>10:00 Grocery Shopping</p> <p>1:00 Knit Wits/Fun &amp; Games</p> <p>2:00 Wellness Clinic</p> <p>LUNCH: Potato Polluck Fillet Fish</p>	<p>10:00 Fider Arts</p> <p>10:00 Grocery Shopping</p> <p>1:00 Knit Wits/Fun &amp; Games</p> <p>2:00 Wellness Clinic</p> <p>LUNCH: Potato Polluck Fillet Fish</p>	<p>1:00 Fun &amp; Games</p> <p>1:00 ESL Lessons</p> <p>2:00 Ping Pong</p> <p>3:00 Meditation</p> <p>6:30 Chinese American Activities</p> <p>LUNCH: Baked Alaskan Fish</p>	<p>1:00 Fun &amp; Games</p> <p>1:00 ESL Lessons</p> <p>2:00 Ping Pong</p> <p>3:00 Meditation</p> <p>6:30 Chinese American Activities</p> <p>LUNCH: Baked Alaskan Fish</p>
<p>10:15 Sit &amp; Get Fit</p> <p>10:30 Beginner Yoga</p> <p>1:00 Social Bridge drop-in</p> <p>1:10 Tai Chi beginner</p> <p>2:00 Breath Balance Well</p> <p>2:15 Line Dancing</p> <p>3:15 Zumba</p> <p>LUNCH: Shepherd's Pie</p>	<p>10:15 Sit &amp; Get Fit</p> <p>10:30 Beginner Yoga</p> <p>1:00 Social Bridge drop-in</p> <p>1:10 Tai Chi beginner</p> <p>2:00 Breath Balance Well</p> <p>2:15 Line Dancing</p> <p>3:15 Zumba</p> <p>LUNCH: Shepherd's Pie</p>	<p>1:00 Duplicate Bridge</p> <p>1:10 Tai Chi Inter. I</p> <p>2:15 Tai Chi Inter II</p> <p>3:30 Energize w/Exercise</p> <p>5:30 Living Healthy</p> <p>6:00 Reflex / Belly Dancing</p> <p>7:15 Serenity Yoga</p> <p>LUNCH: Chicken Pesto</p>	<p>1:00 Duplicate Bridge</p> <p>1:10 Tai Chi Inter. I</p> <p>2:15 Tai Chi Inter II</p> <p>3:30 Energize w/Exercise</p> <p>5:30 Living Healthy</p> <p>6:00 Reflex / Belly Dancing</p> <p>7:15 Serenity Yoga</p> <p>LUNCH: Chicken Pesto</p>
<p>23</p> <p>8:30 State Senator</p> <p>9:00 Meet the Lawyer</p> <p>9:00 Sunrise Singers</p> <p>9:00 Woodcarving</p> <p>9:00 Quilting</p> <p>10:00 Massage</p> <p>10:15 Rhythm-Aires</p> <p>1:00 Movie Matinee</p> <p>1:00 ESL (off site)</p> <p>1:00 Fix it Shop</p> <p>1:00 Memory Café</p> <p>LUNCH: Chicken Piccata</p>	<p>24</p> <p>8:00 Men/Wom in Motion</p> <p>9:00 Strengthen Stride</p> <p>9:15 Brown Bag</p> <p>10:00 Fun &amp; Games</p> <p>10:15 Sit &amp; Get Fit</p> <p>10:30 Beginner Yoga</p> <p>1:00 Social Bridge drop-in</p> <p>2:00 Breath Balance Well</p> <p>2:15 Line Dancing</p> <p>3:15 Zumba</p> <p>LUNCH: Cheese Lasagna</p>	<p>25</p> <p>8:00 &amp; 8:45 Strength Train</p> <p>9:00 Model Building</p> <p>9:00 Art /"SHOP" Group</p> <p>9:00 Foot care</p> <p>9:00 Men's Outdoor Adv</p> <p>9:30 Basic Tap</p> <p>10:00 Fiber Arts</p> <p>10:00 Grocery Shopping</p> <p>12:45 Performance Tap</p> <p>1:00 Knit Wits/Fun&amp; Games</p> <p>1:00 Yoga Intermediate</p> <p>2:00 Wellness Clinic</p> <p>Author John Leland</p> <p>LUNCH: Meatloaf</p>	<p>26</p> <p>8:00 Men/Wom in Mot</p> <p>9:00 WOAG</p> <p>9:00 Strengthen Stride</p> <p>9:00 Art Drop-In</p> <p>9:30 Craft Group</p> <p>10:15 Vets on the Move</p> <p>1:00 Fun &amp; Games</p> <p>1:00 Duplicate Bridge</p> <p>1:30 Book Club</p> <p>1:30 History w/ Don Robb</p> <p>3:30 Energize w/ Exercise</p> <p>5:30 Living Healthy</p> <p>6:00 Reflex/Belly Dancing</p> <p>7:15 Serenity Yoga</p> <p>LUNCH: Chicken Stew</p>
<p>30</p> <p>9:00 Sunrise Singers</p> <p>9:00 Woodcarving/Quilting</p> <p>10:00 Massage</p> <p>10:15 Rhythm-Aires</p> <p>1:00 Yoga for All</p> <p>1:00 ESL (off site)</p> <p>1:00 Fix it Shop</p> <p>3:30 BV Energize w/ Exer</p> <p>Town Meeting</p> <p>LUNCH: Chicken Quarters</p>	<p>1</p> <p>8:00 Men/Wom in Motion</p> <p>9:00 Strengthen Stride</p> <p>9:00 Walk the Gym</p> <p>9:30 Brown Bag</p> <p>10:15 Sit &amp; Get Fit</p> <p>10:30 Beginner Yoga</p> <p>2:00 Breath Balance Well</p> <p>2:15 Line Dancing</p> <p>3:15 Zumba</p> <p>LUNCH: Baked Ziti</p>	<p>APRIL</p>	<p>Please call in advance to cancel 978 623 8320 &amp; menu is subject to change without notice.</p>



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## Outdoor Adventures

### Women's Outdoor Adventures

April 9, 2018

April 22, 2018

Hikes are usually at 9am. All winter hikes will be subject to the weather. We hope to be able to snow shoe if the conditions are to our liking. We will announce locations as we get closer to the dates.

The leadership team is researching a few special locations for some of the hikes, which will be longer trips than we generally do. Again, we will keep you posted. If you are not on our email list and would like to join us, please email Jane Gifun at [fleecy.godmother@verizon.net](mailto:fleecy.godmother@verizon.net) to be added to our list.

### Men's Outdoor Adventures

April 11 - Museum of Fine Art, Boston, Leader - Larry Sanford, The group will carpool to the Ballardvale train station. Then take the train to North Station and transfer to the green line. The cost of the round trip train is \$9.20 with senior reduced fare card and the subway fair is \$2.40 reduced fare. The cost without the senior pass is double. If you don't drive the cost of parking at Ballardvale is \$4.00 per car. Senior admission to the MFA is \$23. We plan to have lunch at the MFA and return by the 3:15 train out of North Station, which is scheduled to arrive at Ballardvale by 4:03.

**Reduced fare cards can be obtained by visiting the downtown crossing T Store.**

April 25 - Hike Haggetts Pond Trail, Leader Don Schroeder. This hike will cover approximately 2 miles around Haggetts Pond. There will be a special side trip to turtle mound..

**Mistral Presents "Bel Canto"**  
**Julie Scolnik, artistic director**  
**Saturday, April 7, 2018**  
**West Parish Church**  
**129 Reservation Road, Andover**

Mistral performs local resident and composer Elena Ruehr's "Bel Canto" String Quintet No. 5 based on Ann Patchett's novel "Bel Canto" in which music plays a central role. Also on the program are three piano works by Chopin inspired by the "Bel Canto," or "beautiful song," singing quality of opera composers.

Ruehr "Bel Canto" String Quartet No 5  
Chopin Piano Concerto No. 2 in F minor (with string quintet)  
Chopin Nocturnes in C# Minor & Bb minor arr. for flute/piano  
Adrian Daurov, cello; Anat Almani, viola; Sarita Kwok and Gabriela Diaz, violins; Donald Palma, bass; Ya Fei Chuang, piano, Julie Scolnik, flute  
Discounted tickets (\$20) are available at the front desk of the Center at Punchard or they may be purchased at [www.MistralMusic.org](http://www.MistralMusic.org), or call 978.474.6222 or e-mail [sales@MistralMusic.org](mailto:sales@MistralMusic.org)

## Drop in Groups

Craft Corner: Thurs; 9:30 am

Fiber Arts: Wed; 10 am

Fun and Games: Tuesdays thru Fridays; 1 - 4 pm

Tuesdays 1pm Mahjong stop by to check out this group

Knit Purl Repeat! You Can Knit Too: Lessons on Wed. at 1 pm

Knit Wits: Wed. at 1 pm

Mindfulness Meditation: Fridays from 3 - 3:30 pm

Model Building: Wed. at 9 am

Open Studio Art: Wednesdays and Thursdays at 9:00 am

Ping Pong: Fridays at 2 pm

Quilting: Mondays at 9 am

"SHOP" Sewing Group: Wednesdays at 9 am

Social Bridge: Tues. at 1 pm

Cable Group: meets 3rd Thurs. at 9 am.





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**Andover's Oldest Veteran**  
**The Boston Post Cane Gala**

At  
Andover Old Town Hall  
On  
Friday, April 6, 2018

Cocktails from 6:00-7:00pm  
Program, Raffles & Awards  
7:00-7:30pm, Dinner 7:30pm

*Presentation of the Boston Post Cane Award  
to Andover's Oldest Resident*



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programs are offered free or reduced price to all the seniors of  
Andover



**Meetings**  
**Fridays @ 10:30 AM**

**March 16**  
**April 20**  
**May 18**  
**June 15**

**Please join us as we support  
so many  
of the free programs!**

THE CRYSTAL BALLROOM  
**WELCOME SPRING BALL**



presented by the Andover Senior Community FRIENDS

**Sunday, April 29 from 6 PM – 10 PM**

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### **Belly Dancing** *Maggie Class*

Thursdays, February 22nd to May 10th 6:00 – 7:00 pm this session! **\$78.00**  
11 sessions. Learn basic moves from fast and fiery to slow and smooth set to a fantastic mix of world music. Improve flexibility & self-confidence working all muscles and have FUN! Suitable for women of all body types and fitness levels. Great core workout and lots of laughs too! Bring out your “inner dancer”!

### **ZUMBA** *Valerie Cagnina*

Tuesdays, Feb 20th to May 8th **\$48**; 3:15 pm. An aerobic fitness program featuring movements inspired by various styles of Latin American dance

### **Serenity Yoga** *Sheila Wescott*

Thursday, Feb 2/22 to May 10th ; **\$78**;  
Active, calming practice of flowing postures with 15 minutes of meditation. Instructor Sheila Wescott combines the traits of gentleness, spirituality and a genuine “teacher’s heart.” Previous experience suggested by not required. Beginners always welcome!

### **Energize with Exercise** *Denise Boucher*

Monday, Feb 26th to May 7th; 3:30 – 4:30 pm; **\$55.00**;  
Thursday, Feb 22nd to May 10th ; 3:30 – 4:30 pm; **\$66.00**;  
Fun aerobics and weight training workout.

### **Reflexology with Uli Kapp**

Call or stop by to make an appointment! \$1/1 minute (15 minute minimum)  
A deep, delightful and effective way to alleviate stress accessing pressure points on each foot that correlate to various parts of the body. This alternative medicine therapy is based on a system of zones and reflex areas with the premise that such work effects a physical change to the body.

### **Nordic Walking**

Wednesday February 21st to May 9th 2:30pm to 3:30pm. **\*\*\*FREE this term only!**  
**\*\*FREE classes courtesy of the Andover Senior Community Friends**

## *Living Healthy*

Thursday evenings from 5:30 to 7:00 p.m. \$5 suggested donation. Please register and join us for a light supper at 5:30 with presentation at 6:00. Pre-registration requested by Tuesday of the week calling 978-623-8320.

**April 5th: “Keeping your brain healthy through Art”.** Presenter: Gail Arpin-Fink

**April 12th: Resources to support you to stay at home.** Presenter: Lauren Watts

**April 19th : Affording CARE** Presenter: Quentara Costa, CFP

**April 26th: Assisted Living– making the decision.** Presenter, Sandy Becker, Benchmark

**May 3rd: The Platinum Years** : Paul Cronin, COO, Successful Transition Planning Institute (STPI) in Cambridge, MA  
[www.ThePlatinumYears.com](http://www.ThePlatinumYears.com)

## Artist of the Month

Sanjeev Nandan  
Born 1971, originally from India, now settled in Andover, MA

Sanjeev is a self-taught artist who is driven purely by the passion to create something new and interesting every time he has a blank canvas in front of him. His paintings are

original concepts designed by infusing real-life subjects with a bit of imagination. He uses acrylic paints and gives them an almost oil-like effect. He calls every painting an experiment and a learning experience.

Over the years, he has been influenced by various artists and their styles. His own style has evolved over time. As a kid growing up in India, he mostly used watercolors. There wasn't much in terms of guidance but he got a lot of encouragement. Eventually, at the age of 18 he started experimenting with acrylics on canvas. He came to



the United States in the year 2000. With a full time job at hand, it wasn't easy to dedicate time to his passion but slowly and steadily he build a small collection.

Aside from painting, he works with software. He loves computer-aided graphics, 3D modeling and animation - yet another self-driven adventure.

He lives in Andover with his wife and 14-year-old daughter, who shares his passion for art. His past exhibitions include: Memorial Hall Library Andover (Jan 2015)

### FRIDAY NIGHT SPECIAL : Chinese American

Fridays 6:30pm - 9:30pm

Association of Andovers and Andover Elder Services are proud to host Friday evening's activities. The activity will be including Zumba, Yoga, Ping pong, board/card/Mah Jong games, other socializing activities.

*Free of charge and all are welcome.*

安多福华人协会和 Elder Services of Town of Andover 很高兴在七月份联合举办星期五晚上的联谊活动。活动包括: Zumba, 瑜

## Chinese

本中心的《英文月报》

( News & Views ) 另附有

《中文简讯》, 而且都将分送到您的住处; 您也可在本中心网站查阅, 或者电邮给您。

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Chris 女士, 登记索要《中文简讯》, 即 email to:

chris.marshall@andoverma.us Translation of above statement. We offer a brief summary of our monthly newsletter for you in Chinese. These will be distributed to housing, on our web site or if you would like we can email them to you. Please give your email to Chris Marshall chris.marshall@andoverma.us to sign up for the Chinese summary. Thank you.

## ESL Classes

**Mondays, February 26 - May 7; 1 pm; off-site at Frye Circle; Free No class 4/16**

**Saturday Chinese socializing at the center 10am-11:45am April 7th & 21st May 5th & 19th**



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